



## Quick Guide to Initiating a Health and Wellness Partnership With the School Day

Your program's ability to build investment among school-day partners is key to successfully partnering to support health and wellness. This how-to guide provides a simple step-by-step process you can use to cultivate that investment.

Step	What to Know
<b>Step 1:</b> Identify why health and wellness partnerships are important.	Research shows that partnerships between schools and out-of-school time programs increase students' attendance, social and emotional development, and overall academic achievement. Research also shows that when there's a sense of partnership, sharing of academic resources and meaningful communication structures, students' test scores increase.
<b>Step 2:</b> Explain to program staff the reasons for including health and wellness activities.	Research shows the importance of health and wellness programs for academic achievement. Health and wellness activities can help students release excessive energy, manage anxiety and increase focus.
<b>Step 3:</b> Approach school-day staff to begin a partnership.	In one or two minutes, explain to school-day staff why you think a health and wellness partnership is critical. Be sure to explain how both the school day and the 21 <sup>st</sup> CCLC program will benefit from the partnership, and include a specific "ask" for school-day leadership. Have a concrete proposal for how school-day and 21 <sup>st</sup> CCLC programs can work together.
<b>Step 4:</b> Make a concrete plan for partner collaboration throughout the program year.	Make a plan for ongoing collaboration. Decide on the frequency and format (in-person, email, virtual) for meeting. From the beginning of the relationship, set boundaries and concrete goals for the partnership.
<b>Step 5:</b> Facilitate collaboration between school-day teachers and program staff.	Organize shared professional development. Use that opportunity to develop an understanding of where each party is coming from and to clarify roles. This approach can help programs transcend the gridlock of the day-to-day connections and strive for deeper, more meaningful partnerships.